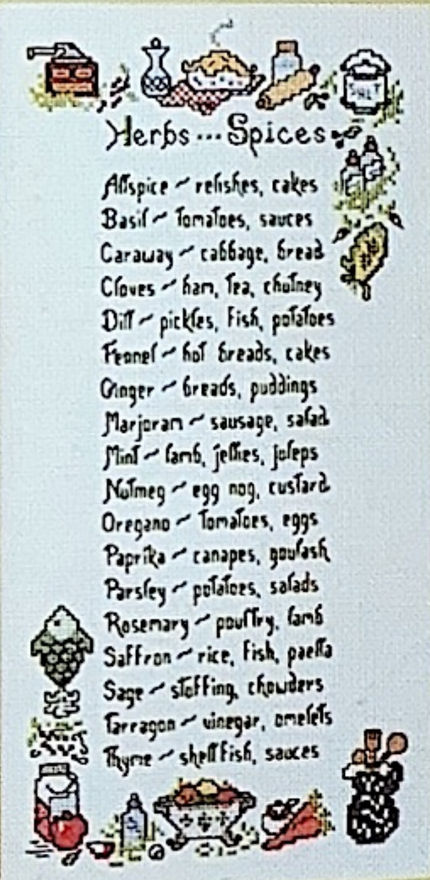
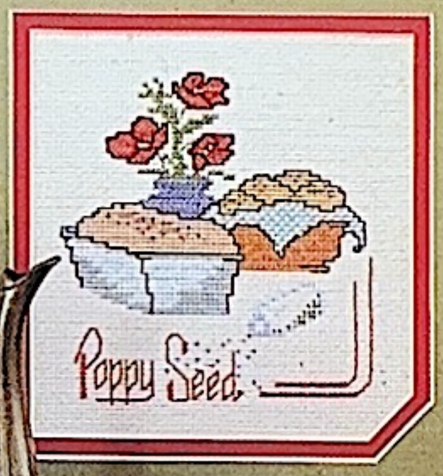
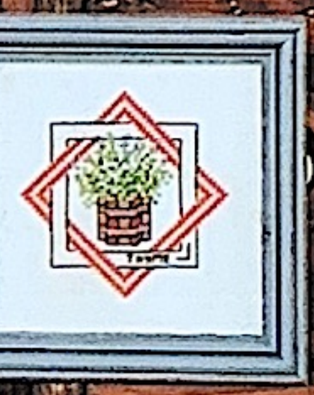
LEISURE ARTS

Leaflet 201 $3.50

Herbs & Spices
charted for cross stitch


Herbs ... Spices
Allspice ~ relishes, cakes
Basil ~ tomatoes, sauces
Caraway ~ cabbage, bread
Cloves ~ ham, tea, chutney
Dill ~ pickles, fish, potatoes
Fennel ~ hot breads, cakes
Ginger ~ breads, puddings
Marjoram ~ sausage, salad
Mint ~ lamb, jellies, juleps
Nutmeg ~ egg nog, custard
Oregano ~ tomatoes, eggs
Paprika ~ canapes, goulash
Parsley ~ potatoes, salads
Rosemary ~ poultry, lamb
Saffron ~ rice, fish, paella
Sage ~ stuffing, chowders
Tarragon ~ vinegar, omelets
Thyme ~ shellfish, sauces





Pickled Pears
1 qt. pears
¼ cup vinegar
1 cup sugar
2 cinnamon sticks
whole allspice
Combine all ingredients but pears. Simmer 10 minutes. Add pears to hot syrup and chill overnight.
Serves 6

17 designs by Anne Van Wagner Young

GENERAL INSTRUCTIONS

WORKING WITH CHARTS

How To Read Charts: Each of the designs is shown in chart form. Each square on the chart represents one needlework stitch, whether it is a needlepoint tent stitch or complete cross stitch. Each square is shown in color, and in most cases, also with a symbol. This method of charting with color enables you to see approximately what the design will look like. By giving you a symbol also, the guesswork of determining shading is eliminated. The straight lines on the chart indicate Backstitching. These lines are shown either in color or black; the color to use is indicated on color keys. While each of these projects is shown on evenweave fabric, the designs **could** be worked in needlepoint. In that case, the backstitching would be done after the background was completed and some of the one-quarter stitches eliminated.

How To Compute Finished Sizes: With each charted design we have given you a Stitch Count Box to enable you to see at a glance what the approximate size of the design will be on various basic sizes of fabric. While the number of stitches varies with each charted design, the finished size of your needlework depends upon the **thread count per inch** of the fabric being used. To compute the size of the design, divide the number of squares (stitches) across the width or length of the chart by the thread count of your fabric. For example: 80 squares horizontally on the chart worked on Aida 14 will yield a design approximately 5¾" wide. Repeat for vertical stitch count. Then add the amount of background you want plus a generous margin for finishing.

NUMBER OF STITCHES IN DESIGN (Height or Width)	THREADS PER INCH FABRIC 11	14	18	22
10	⅞	¾	½	½
20	1⅞	1⅜	1⅛	⅞
30	2¾	2⅛	1⅝	1⅜
40	3⅝	2⅞	2¼	1⅞
50	4½	3⅝	2¾	2¼
60	5½	4¼	3⅜	2¾
70	6⅜	5	3⅞	3⅛
80	7¼	5¾	4½	3⅝
90	8⅛	6⅜	5	4⅛
100	9⅛	7⅛	5½	4½

To Use The Table: Find the approximate number of stitches vertically or horizontally in the left hand column. Follow the line across to the column for your fabric thread count. The figure is the size your stitched piece will be.

Basic Thread Counts

Aida:	11, 14, 18 per inch
Hardanger:	22 per inch (sometimes worked over 2 threads in which case 11 per inch)

If working on an unlabeled fabric, simply measure and count the number of threads that fall within an inch.

Where To Start: The horizontal and vertical centers of each design are shown by arrows. You may start at any point, but be sure to allow plenty of margin. It is better to waste a little fabric than to come up short after hours of stitching!

Recommended Colors: We refer to all colors by name and also by DMC and Susan Bates cotton floss number so you may accurately reproduce our worked models. These numbers are merely suggestions, however, and can be modified or changed if desired.

STITCHING TIPS

Preparing Fabric: Overcast raw edges of fabric. Locate horizontal and vertical centers by folding your fabric in half, top to bottom and again right to left.

Preparing Thread: When working with stranded yarn or threads, separate, then realign them before threading needle. This gives a smoother stitch. For ease in stitching, you may thread a needle with each color to be used; lead thread away from working area and anchor needle in top of work until color is required again. Keep stitching tension consistent. Begin and end working threads by running under several stitches on back; never tie knots.

Floss Thickness: Recommended floss thickness is as follows. This is merely a suggestion, especially where backstitching is concerned. Experiment to get the look you desire.

Aida 11 or Hardanger over 2	2-3 strands floss for cross stitch; 2-3 strands floss for backstitch
Aida 14	2 strands floss for cross stitch; 1-2 strands floss for backstitch
Aida 18	1-2 strands floss for cross stitch; 1-2 strands floss for backstitch
Hardanger 22	1 strand floss for cross stitch; 1 strand floss for backstitch

Counted Cross Stitch Projects: Work one cross stitch to correspond to each square on the chart. For horizontal rows, work stitches in two journeys ***(Fig. 1)***. For vertical rows, complete each stitch as shown ***(Fig. 2)***. When working on Hardanger over 2 threads, work cross stitch as in **Fig. 3**.

Fig. 1

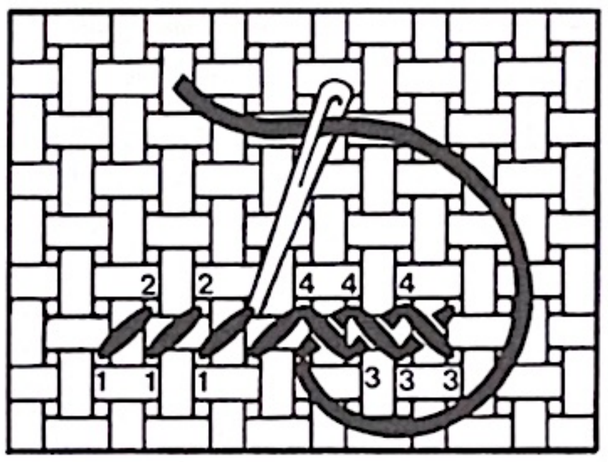


Fig. 2

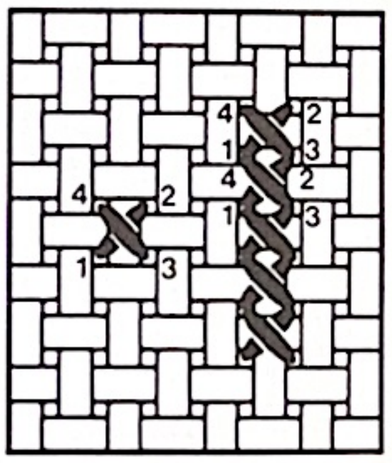


Fig. 3

One-Quarter Stitches (¼X)**:** When working on Aida or other large weave fabric, you may have to make a compensating One-Quarter Stitch ***(Fig. 4)*** to fill remaining small area shown in color on chart. A triangular shape of color on the chart and on the color key denotes the use of this technique. For example: in **Fig. 5**, stitch 1-2 is the Half-Cross Stitch or Backstitch, sometimes in a contrasting color. Stitch 3-4 is the One-Quarter Stitch. When stitches 1-4 are done in the same color, the resulting stitch is called a Three-Quarter Stitch (¾X).

Fig. 4

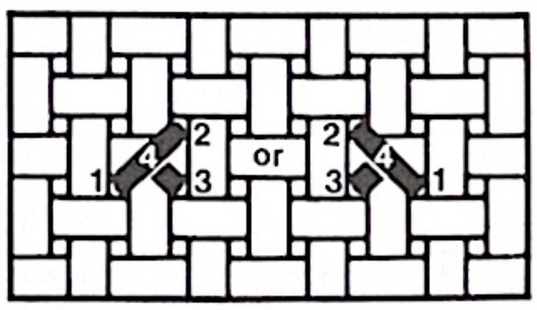


Fig. 5

Continued on pg. 14

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HERBS AND SPICES CABINET 46w x 78h

X	DMC	SUSAN BATES	COLOR	¼X	B'ST
-	712	0387	cream		
o	744	0301	yellow		
X	781	0309	gold		
*	321	047	red		/
+	400	0349	rust		
△	828	0158	lt blue		
★	824	0148	dk blue		
♦	469	0267	olive		
■	3371	0382	vy dk brown		/
▲	414	0399	grey		

PAPRIKA 65w x 57h

X	DMC	SUSAN BATES	COLOR	¼X	¾X	B'ST
⁘	blanc	0402	white			
-	307	0289	yellow			
o	352	06	lt coral			
X	351	08	med coral			
★	350	010	dk coral			
*	666	046	red			/
S	597	0168	aqua			
+	471	0265	lt olive			
♦	469	0267	dk olive			
▲	700	0228	green			
○	762	0397	lt grey			
■	318	0398	dk grey			
	3371	0382	vy dk brown			/
•	3371	0382	French Knot			

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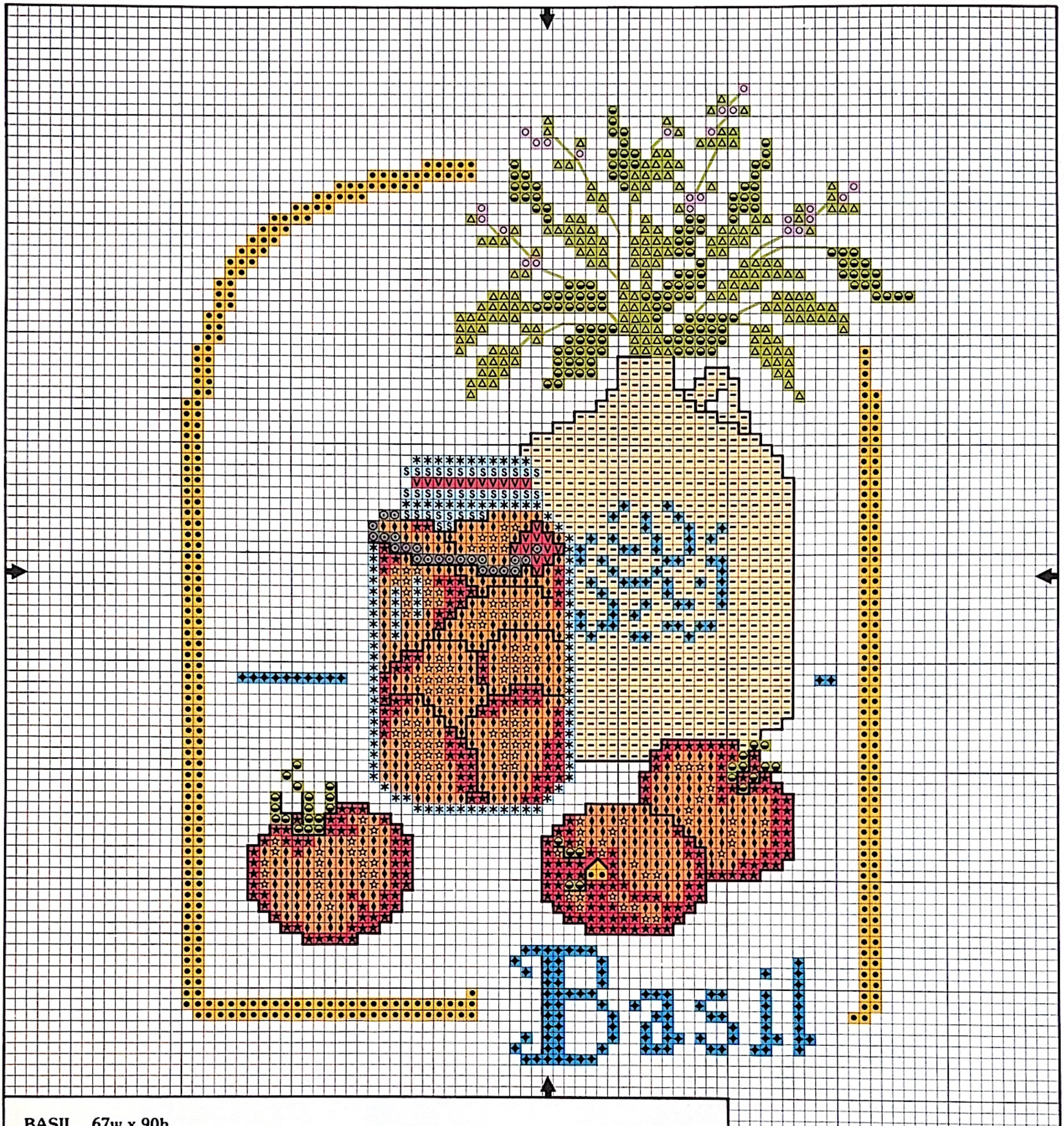

BASIL 67w x 90h

X	DMC	SUSAN BATES	COLOR	¼X	B'ST
-	712	0387	cream		
•	783	0307	gold	◪	
☆	351	010	lt red		
♦	606	0335	med red		
★	817	013	dk red	◪	
V	3328	011	rose		◪ *
O	209	0105	lavender		
S	598	0167	lt blue		
*	807	0168	med blue		
✦	806	0169	dk blue		

X	DMC	SUSAN BATES	COLOR	B'ST
△	471	0265	lt olive	
◒	469	0266	med olive	◪
◎	317	0400	dk grey	
	3371	0382	vy dk brown	◪ **

*Tomatoes in Jar

**All other

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DILL 64w x 89h

X	DMC	SUSAN BATES	COLOR	B'ST
○	712	0387	cream	
△	725	0306	lt gold	
♦	783	0307	med gold	
▲	781	0309	dk gold	
V	3328	011	rose	
*	349	013	red	
□	598	0167	lt blue	
☆	807	0168	med blue	
✦	806	0169	dk blue	
+	907	0255	lt green	
S	320	0242	med green	
★	319	0244	dk green	
	890	0246	vy dk green	*
-	581	0280	lt olive	
⊖	937	0281	dk olive	
	934	0263	vy dk olive	**
◎	317	0400	grey	
	3371	0382	vy dk brown	***
•	307	0289	yellow French Knots	

* Cucumbers and Cucumber Slice
** Pickled Cucumbers in Jar
*** All Other

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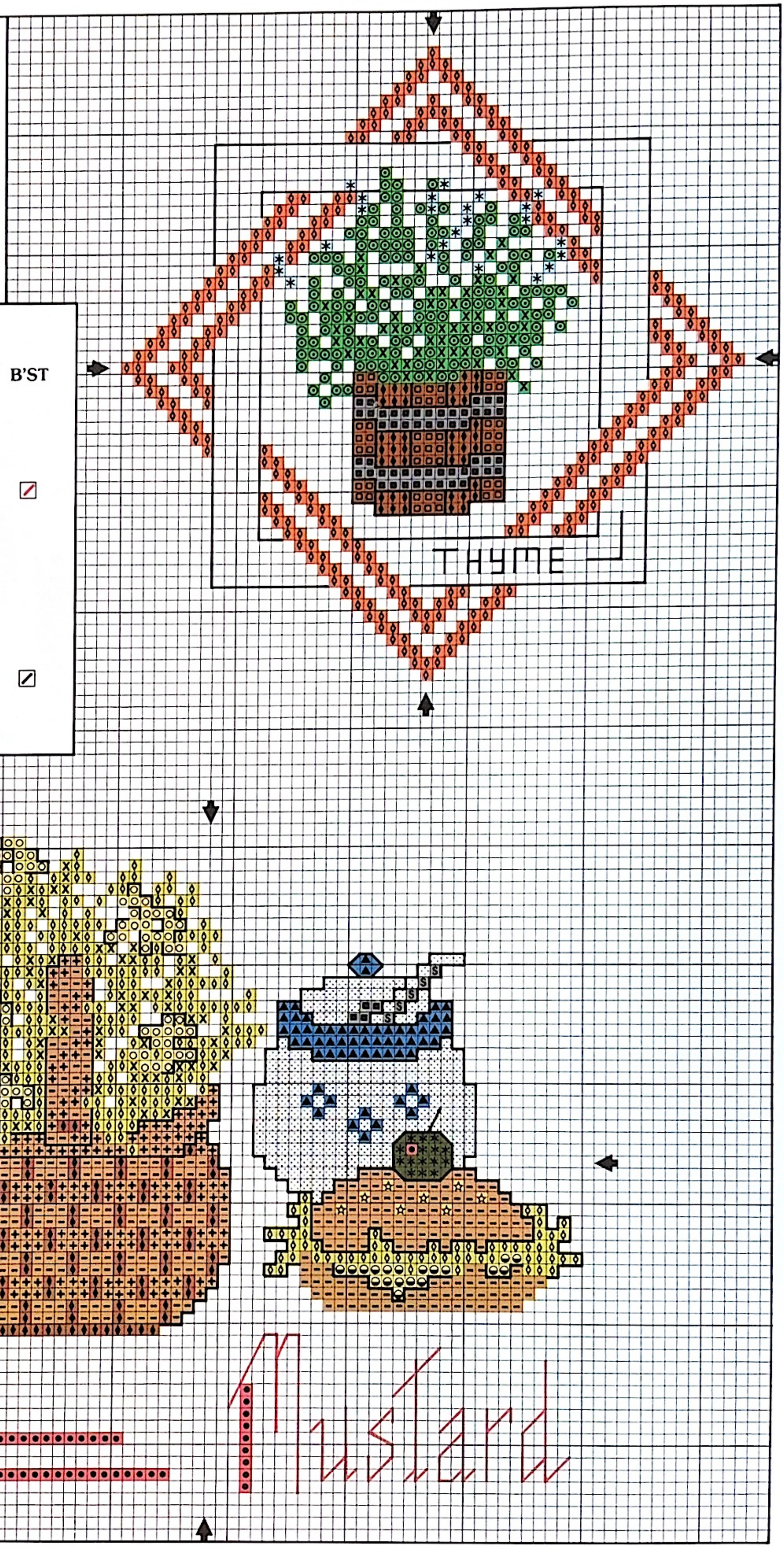
THYME 53w x 53h

X	DMC	SUSAN BATES	COLOR	B'ST
◊	947	0332	orange	
□	922	0349	lt rust	
♦	920	0339	med rust	
◎	703	0238	lt green	
X	910	0228	med green	
	3371	0382	vy dk brown	◪
■	414	0399	grey	
*	799	0154	blue - Smyrna Cross	

MUSTARD 64w x 55h

X	DMC	SUSAN BATES	COLOR	¼X	¾X	B'ST
⁘	blanc	0402	white	⁘		
○	307	0289	lt yellow			
⊖	972	0298	med yellow			
☆	676	0891	dk yellow			
●	666	046	red	◪	◪	
▲	797	0132	dk blue	◪		
◊	907	0255	lt green			
X	905	0258	med green			
✳	469	0267	olive	◪		
-	436	0367	lt brown	◪		
+	976	0369	med brown			
♦	400	0371	dk brown			
	3371	0382	vy dk brown		◪	
S	762	0397	lt grey			
■	318	0398	med grey			



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MINT 53w x 53h

X	DMC	SUSAN BATES	COLOR	¼X	B'ST
-	726	0295	yellow	◪	
◎	703	0238	lt green		
X	910	0228	med green		
♦	435	0369	brown		
	3371	0382	vy dk brown		◪
*	726	0295	yellow - Smyrna Cross		
+	956	040	pink - Smyrna Cross		

X	DMC	SUSAN BATES	COLOR	¼X	¾X	B'ST
⁘	blanc	0402	white			
○	307	0289	med yellow			
◒	444	0291	dk yellow			
-	783	0307	gold	◪		
♦	666	046	red	◪	◪	◪
◊	471	0265	lt olive			
☆	469	0267	dk olive			
□	436	0368	tan			
+	400	0349	rust			
	3371	0382	vy dk brown			◪
△	762	0397	lt grey			
■	318	0398	med grey			
●	3371	0382	vy dk brown - Smyrna Cross			

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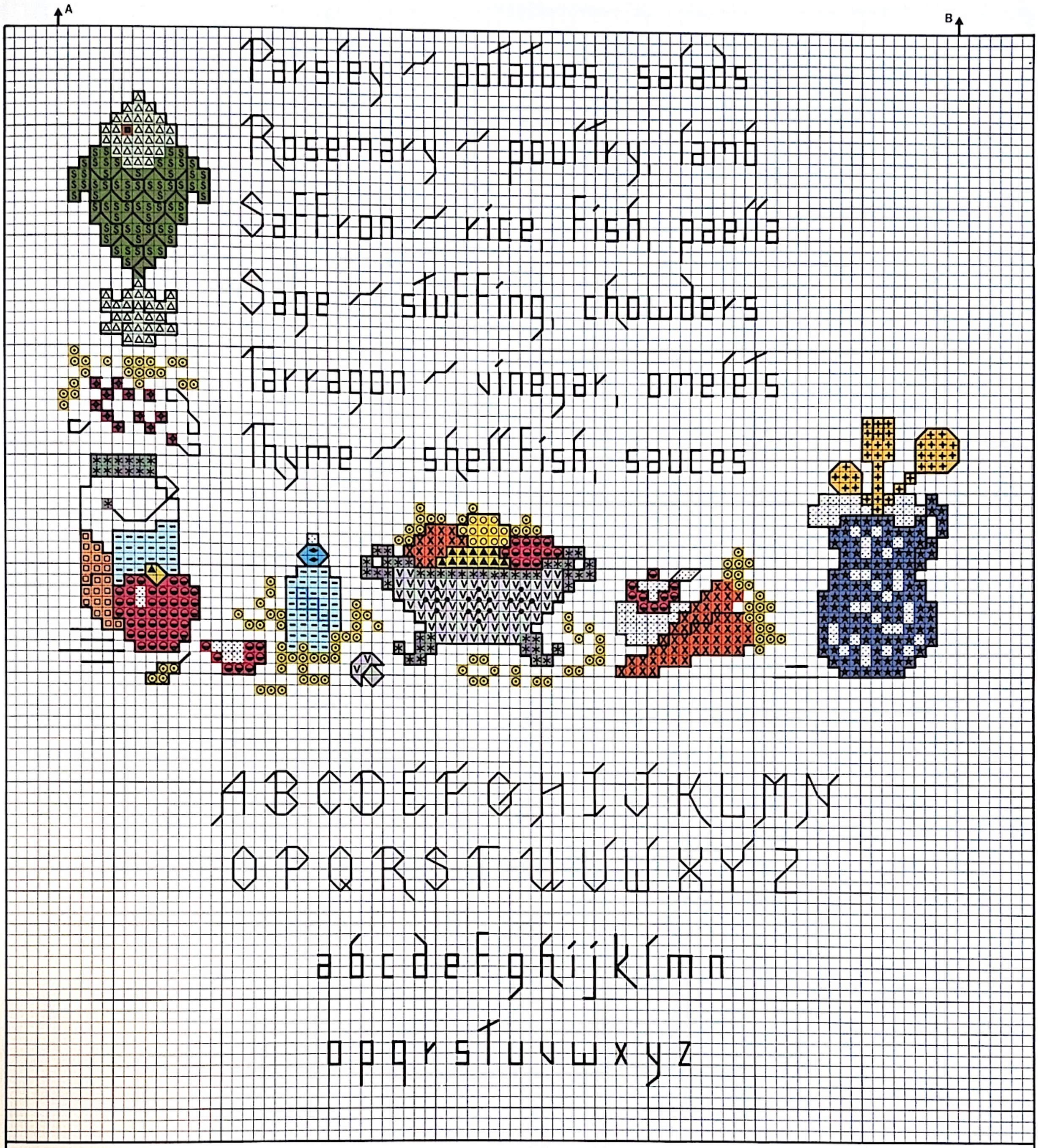
A
B
Parsley ~ potatoes, salads
Rosemary ~ poultry, lamb
Saffron ~ rice, fish, paella
Sage ~ stuffing, chowders
Tarragon ~ vinegar, omelets
Thyme ~ shellfish, sauces
A B C D E F G H I J K L M N
O P Q R S T U V W X Y Z
a b c d e f g h i j k l m n
o p q r s t u v w x y z

HERBS AND SPICES SAMPLER 84w x 176h

X	SUSAN DMC	BATES	COLOR	¼X	X	SUSAN DMC	BATES	COLOR	¼X	B'ST	X	SUSAN DMC	BATES	COLOR	¼X	B'ST
	blanc	0402	white			666	046	red				905	0258	med olive		
	726	0295	med yellow			400	0349	rust				369	0225	lt green		
	725	0306	dk yellow			718	088	purple				320	0227	med green		
	676	0891	lt gold			827	0159	lt blue				762	0397	lt grey		
	783	0307	med gold			826	0161	med blue				318	0398	med grey		
	351	010	coral			824	0148	dk blue				3371	0382	vy dk brown		
	947	0332	orange			907	0255	lt olive				3371	0382	vy dk brown - French Knots		

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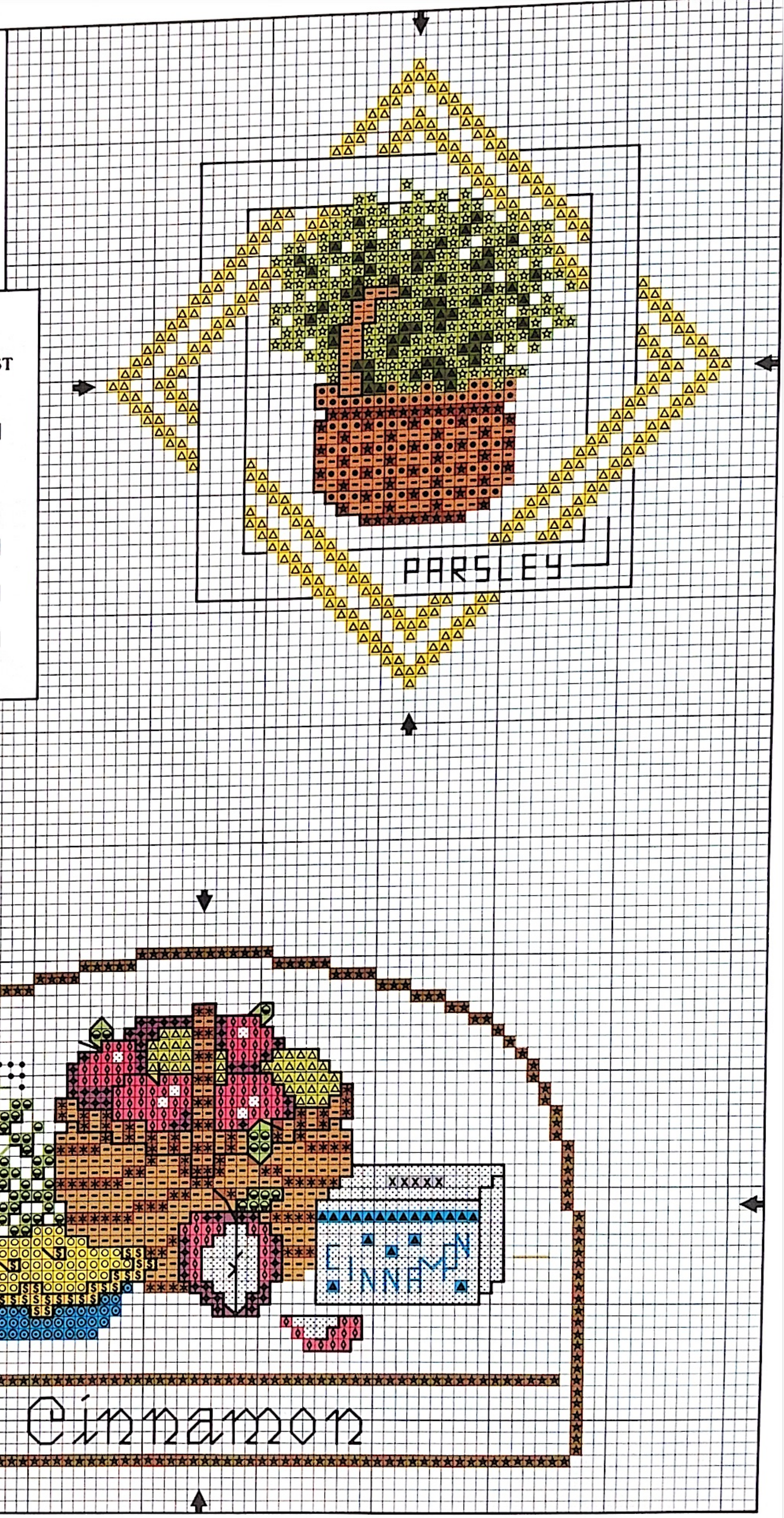
PARSLEY 53w x 53h

X	DMC	SUSAN BATES	COLOR	B'ST
△	973	0290	yellow	
☆	703	0238	lt green	
△	910	0228	med green	
-	738	0367	tan	
•	435	0369	lt brown	
☆	300	0351	med brown	
	3371	0382	vy dk brown	◿

CINNAMON 66w x 45h

X	DMC	SUSAN BATES	COLOR	¼X	B'ST
⁘	blanc	0402	white	⁘	
o	676	0891	gold	◿	
s	680	0901	dk gold	◿	◿
◊	350	011	coral	◿	
✦	817	013	red	◿	
*	301	0349	rust	◿	
◎	826	0161	med blue		
▲	824	0148	dk blue		◿
△	472	0278	lt olive	◿	
◒	469	0267	med olive	◿	◿
-	437	0366	tan	◿	
✱	3371	0382	vy dk brown		◿
•	553	098	purple - French Knots		



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CHIVES 53w x 53h

X	DMC	SUSAN BATES	COLOR	B'ST
−	3328	038	lt rose	
✦	347	039	med rose	
•	799	0154	blue	
△	703	0238	green	
	3371	0382	vy dk brown	◪
*	553	098	purple - Smyrna Cross	

CLOVES 66w x 45h

X	DMC	SUSAN BATES	COLOR	¼X	B'ST
⁘	blanc	0402	white		◪ *
△	745	0300	lt yellow		
♦	445	0288	med yellow		
▲	742	0303	dk yellow		
☆	970	0324	lt orange		
✦	608	0332	med orange		
○	353	08	lt coral		
+	351	010	med coral		
8	817	013	red		
◒	807	0168	aqua	◪	
V	824	0148	blue		◪
S	718	088	purple		
−	3348	0265	lt green	◪	
◎	907	0255	med green	◪	
■	905	0258	dk green		
◊	437	0347	lt brown		
*	301	0349	med brown		
★	3371	0382	vy dk brown		◪ **
X	414	0399	grey		
•	3371	0382	vy dk brown - French Knots		

* Center of Orange Slice

** All Other

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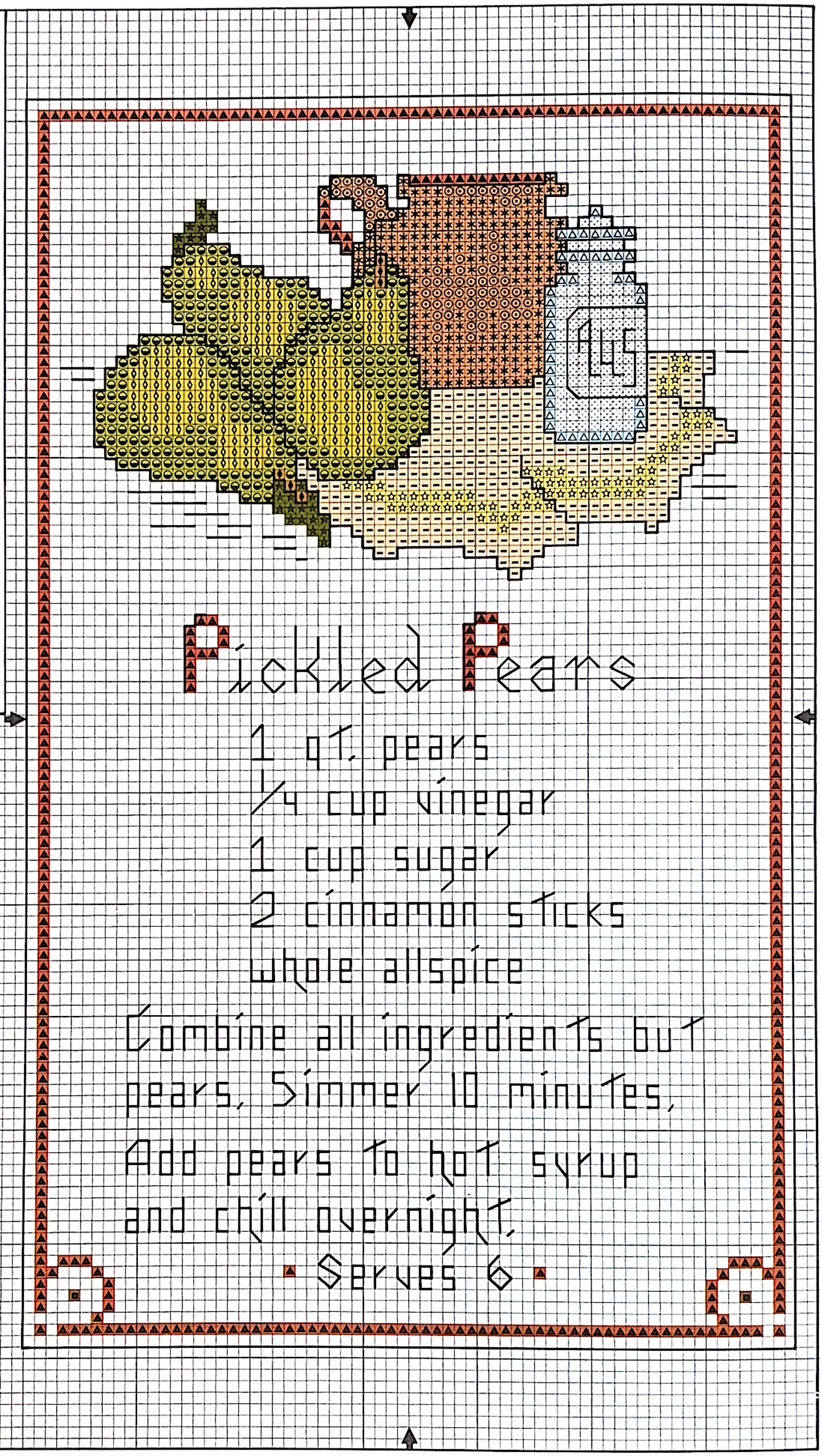
PICKLED PEARS
68w x 111h

X	DMC	COLOR	B'ST
blanc		white	
-	712	cream	
☆	743	yellow	
⊙	353	lt coral	
*	352	med coral	
▲	350	dk coral	
△	747	blue	
◊	472	lt olive	
◒	471	med olive	
★	469	dk olive	
♦	801	med brown	
■	3371	vy dk brown	/

X	SUSAN BATES	COLOR	B'ST
	0402	white	
-	0387	cream	
☆	0295	yellow	
⊙	08	lt coral	
*	010	med coral	
▲	011	dk coral	
△	0158	blue	
◊	0278	lt olive	
◒	0265	med olive	
★	0267	dk olive	
♦	0357	med brown	
■	0382	vy dk brown	/


Pickled Pears
1 qt. pears
1/4 cup vinegar
1 cup sugar
2 cinnamon sticks
whole allspice
Combine all ingredients but pears. Simmer 10 minutes. Add pears to hot syrup and chill overnight.
Serves 6

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Spiced Peaches
2 qts. peaches
2 cups sugar
1 cup vinegar
4 cinnamon sticks
whole cloves
Combine peach liquid with other ingredients. Simmer 10 minutes. Pour hot syrup over peaches and chill.
• Serves 12 •

SPICED PEACHES
68w x 111h

X	DMC	COLOR	¼X	B'ST
⁘	blanc	white		
-	712	cream	◪	
☆	745	yellow		
⊙	353	lt coral		
*	351	med coral		
△	747	blue		
◊	472	lt olive	◪	
⊖	471	med olive	◪	
★	469	dk olive	◪	
S	975	rust		
♦	801	brown		
■	3371	vy dk brown		◪

X	SUSAN BATES	COLOR	¼X	B'ST
⁘	0402	white		
-	0387	cream	◪	
☆	0300	yellow		
⊙	08	lt coral		
*	010	med coral		
△	0158	blue		
◊	0278	lt olive	◪	
⊖	0265	med olive	◪	
★	0267	dk olive	◪	
S	0355	rust		
♦	0357	brown		
■	0382	vy dk brown		◪

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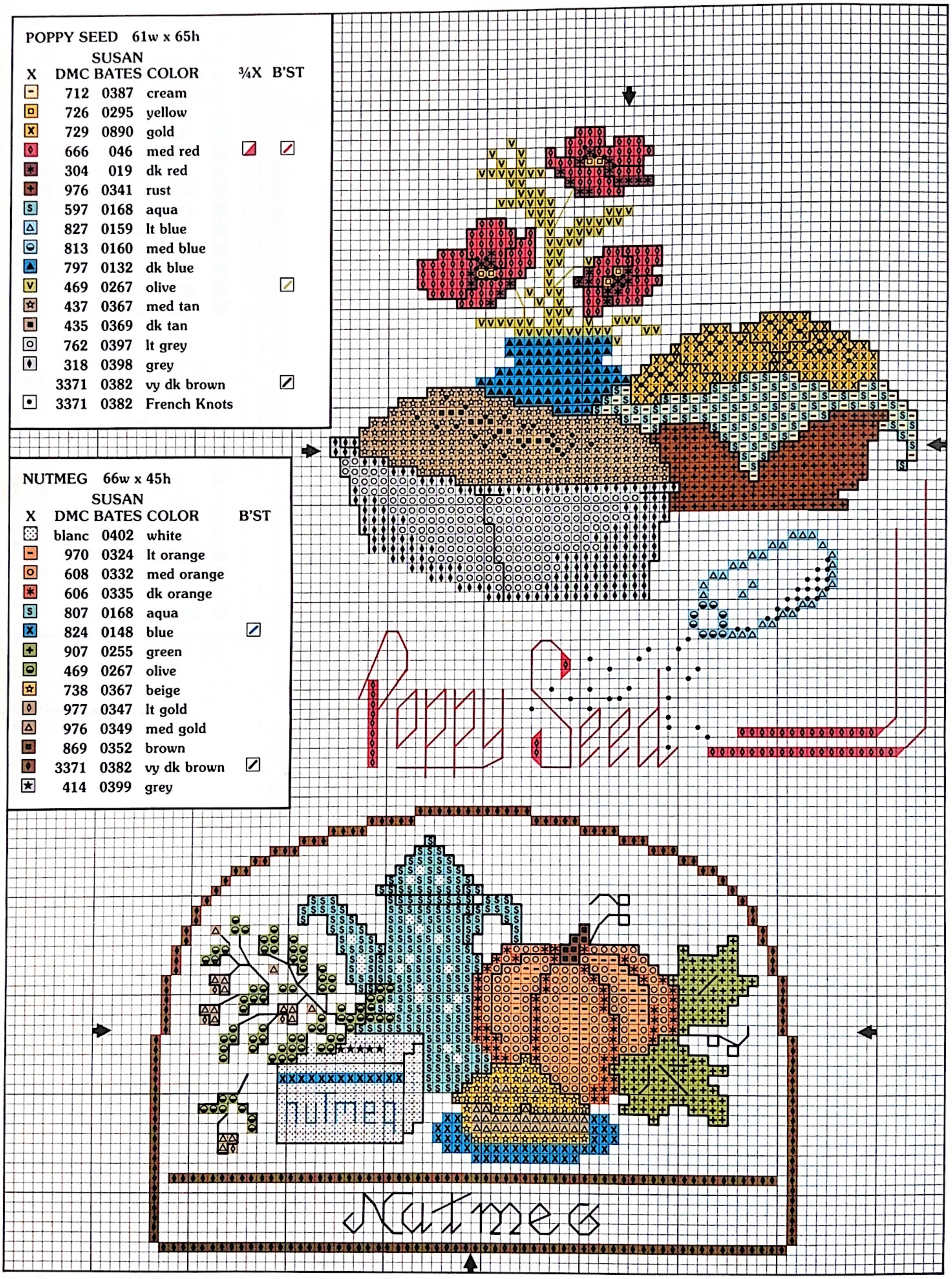
POPPY SEED 61w x 65h

X	DMC	SUSAN BATES	COLOR	¾X	B'ST
-	712	0387	cream		
o	726	0295	yellow		
X	729	0890	gold		
◊	666	046	med red	◪	◪
*	304	019	dk red		
+	976	0341	rust		
S	597	0168	aqua		
△	827	0159	lt blue		
⊖	813	0160	med blue		
▲	797	0132	dk blue		
V	469	0267	olive		◪
☆	437	0367	med tan		
■	435	0369	dk tan		
⊙	762	0397	lt grey		
♦	318	0398	grey		
	3371	0382	vy dk brown		◪
•	3371	0382	French Knots		

NUTMEG 66w x 45h

X	DMC	SUSAN BATES	COLOR	B'ST
⁘	blanc	0402	white	
-	970	0324	lt orange	
o	608	0332	med orange	
*	606	0335	dk orange	
S	807	0168	aqua	
X	824	0148	blue	◪
+	907	0255	green	
⊖	469	0267	olive	
☆	738	0367	beige	
◊	977	0347	lt gold	
△	976	0349	med gold	
■	869	0352	brown	
♦	3371	0382	vy dk brown	◪
★	414	0399	grey	



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Backstitching: Outline detail (shown on chart and on color key by dark or colored straight lines) should be worked by Backstitching ***(Fig. 6)*** after the design has been completed. Backstitch for Hardanger over 2 threads is shown in **Fig. 7**.

Fig. 6

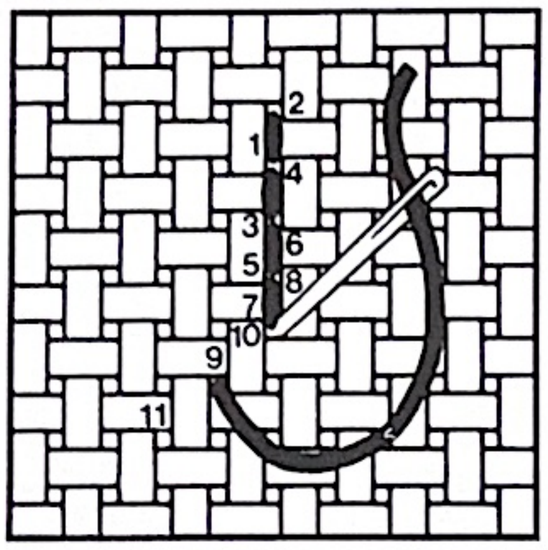
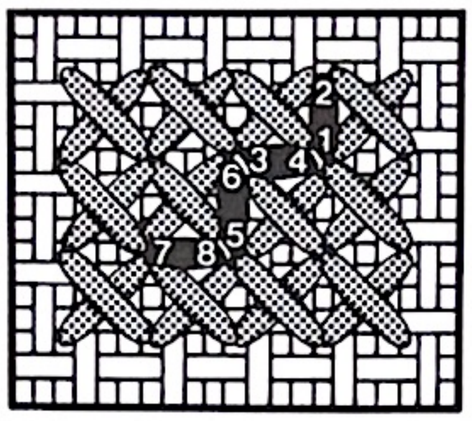
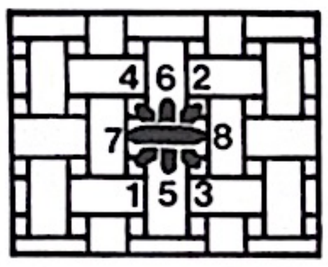


Fig. 7



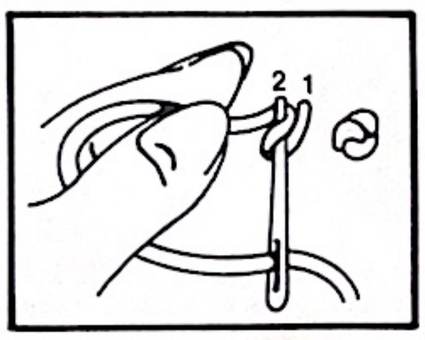
Smyrna Cross Stitch: Stitches 1-4 are the cross stitch. Stitches 5-8 are then worked on top of the completed cross stitch ***(Fig. 8)***. On some fabrics, the thread is pierced when working stitches 5-8.

Fig. 8



French Knot: Bring yarn up at 1. Wrap yarn once around needle and insert needle at 2, holding end of yarn with non-stitching fingers ***(Fig. 9)***. Tighten knot, then pull needle through fabric holding yarn until it must be released. For larger knot, use more strands; wrap only once.

Fig. 9



PROJECTS

Basil: Stitched on Ivory Aida 14, approx design size 4⅝" x 6½". We substituted DMC 806 for DMC 783 in border. Custom framed.
Chives, Mint, Parsley, Thyme Bellpull: Stitched on Ivory Aida 14, approx bellpull size 6" x 22". Each design is centered above the other with approx 1½" between each design and 4" top and bottom. For finishing, refer to Bellpull Finishing.
Chives: Stitched on White Aida 18, approx design size 3" x 3". Inserted in purchased frame.
Cinnamon: Stitched on White Aida 14, approx design size 4¾" x 3¼". Inserted in purchased lucite cannister.
Cloves: Stitched on White Aida 14, approx design size 4¾" x 3¼". Inserted in purchased lucite cannister.
Dill: Stitched on Ivory Aida 14, approx design size 4⅝" x 6½". We substituted DMC 806 for DMC 349 in border. Custom framed.
Herbs and Spices Sampler: Stitched on Ivory Aida 14, approx design size 6" x 12⅝". Custom framed.
Mint: Stitched on White Aida 18, approx design size 3" x 3". Inserted in purchased frame.
Mustard: Stitched on Perforated Paper, approx design size 3⅝" x 3". Custom framed.
Nutmeg: Stitched on White Aida 14, approx design size 4¾" x 3¼". Inserted in purchased lucite cannister.
Paprika: Stitched on Ivory Aida 18, approx design size 3⅝" x 3⅛". Inserted in purchased wooden trivet.
Parsley: Stitched on White Aida 18, approx design size 3" x 3". Inserted in purchased lucite coaster.
Peppercorn: Stitched on Tan Aida 14, approx design size 4⅜" x 4¾". Custom framed.
Pickled Pears: Stitched on Lt Green Aida 14, approx design size 4⅞" x 8". Inserted in purchased wooden tray.
Poppy Seed: Stitched on Tan Aida 14, approx design size 4⅜" x 4¾". Custom framed.
Spice Cabinet: Stitched on Tan Aida 14, approx design size 3⅜" x 5½". Inserted in purchased wooden key rack.
Spiced Peaches: Stitched on Yellow Hardanger over 2 threads, approx design size 6¼" x 10⅛". Inserted in purchased lucite tray.
Thyme: Stitched on White Aida 18, approx design size 3" x 3". Inserted in purchased frame.

Bellpull Finishing

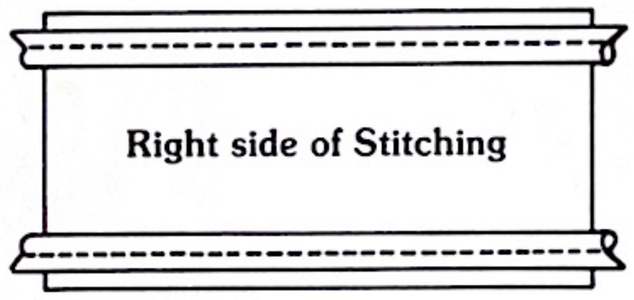
Press bellpull using a press cloth. Measure bellpull hardware. Trim bellpull fabric to measure ½" wider than hardware (½" each side is seam allowance; cording will replace ¼" each side on finished piece) and 3" longer than desired finished length (to allow 1½" at each end for seam allowances). Cut both underlining and backing fabric to match bellpull measurements.

Machine-baste underlining to wrong side of bellpull, then treat the two layers of fabric as one for the remainder of finishing process.

For cording, cut bias strips 2" wide. ***Note:*** If you are using a pile backing fabric such as velveteen, velvet or corduroy, you may make cording with the straight of the goods, rather than using a bias cut; carefully done, the bellpull will turn nicely. Lay cording along center line of strip on wrong side of fabric. Fold strip over cord and with zipper foot, machine-baste along length of strip close to cord.

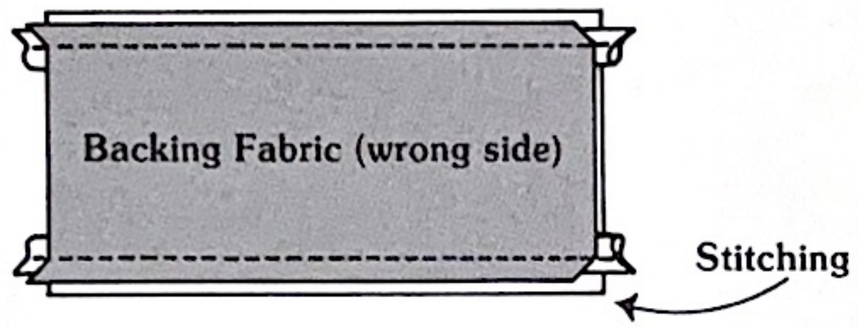
Machine-baste cording along both long sides on front of underlined bellpull, raw edges facing outward ***(Fig. 10)***. ***Note:*** When machine-stitching side seams, sew all seams from bottom toward top of the bellpull. Using a zipper foot, machine-stitch cording to underlined bellpull.

Fig. 10



Place backing fabric onto bellpull with right sides together and machine-baste in place ***(Fig. 11)***. Using a zipper foot, machine-stitch backing fabric to bellpull along long sides; both ends are left open. Trim side seams; remove the greatest amount from the underlining, the least from the backing fabric. This "layering" eliminates the bulky ridge that might be visible if all seam allowances remained the same depth.

Fig. 11



Carefully turn right side out. Press on wrong side using a press cloth. Insert ends into holding bars of hardware; turn under raw edges and sew by hand to backing fabric.

We have made every effort to ensure that these instructions are accurate and complete. We cannot, however, be responsible for human error, typographical mistakes or variations in individual work.

Cover items made and patterns tested by Paula Broyles, Beth Collins, Kim Crosson, Rhonda DeVore, Nell Harris, Vicki Heinrich, Barbara Herring, Mary Reese Hicks, Margaret Horton, Pat Johnson, Jackie Lorenzo, Helen Matthews, Lynn Mizelle, Margaret Moseley, Pat O'Meara, Barbara Penney, Peggy Tucker and Lisette Young.

Herbs & Spices
1 teaspoon dried
equals
1 tablespoon Fresh

PARSLEY

MINT

CHIVES

THYME

Mustard

Dill

Basil

Paprika

Spiced Peaches

2 qts peaches
2 cups sugar
1 cup vinegar
4 cinnamon sticks
whole cloves

Combine peach liquid with other ingredients. Simmer 10 minutes. Pour hot syrup over peaches and chill.

• Serves 12 •